

最畅销食谱  
最新版



广西科学技术出版社

LISA YAM'S COOK BOOK  
POULTRY

方任利莎 著

鸡鸭鹅  
方太食谱



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方太食谱

## 鸡鸭鹅

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方太食谱

# 鸡鸭鹅

LISA YAM'S COOK BOOK  
POULTRY



广西科学技术出版社

# 序

## FOREWORD

在我的年轻时代,只有喜庆节日才“杀鸡杀鸭”,以示隆重。

但今日社会物质丰裕,随时可买鸡、鸭、鹅做菜或煲汤。品尝的机会多了,便要经常转换口味,以求有新鲜感。

例如,家常便饭可简单地炒炒鸡丁、鸭丝;有小孩子又可来个炸鸡腿;良朋举杯畅饮,则可来点炒珍肝、卤掌翼;要补身的又可喝喝鸭汤;至于逢年过节,更可来一只肥鸡或酥鸭。

我编写书中四十三个鸡、鸭、鹅食谱时,也本着适合大宴小叙的原则,而且有些鸡鸭鹅均适用的制法,也加以注明,让大家有更多选择;再配合前二本《鱼虾蟹》及《猪牛羊》食谱,大家便可从容应付家中大小场合了。

方任利莎





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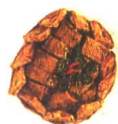
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第一辑：  
鸡

CHICKEN



# 京式葱油扒鸡

## BOILED CHICKEN WITH SPRING ONION OIL IN BEIJING STYLE

**材料:** 鸡 1 只约重 1000 克, 葱 6 条, 红椒 1 个, 芫荽 2 棵, 五加皮酒 4 汤匙, 水  $\frac{1}{2}$  杯

**调味料:** 蚝油 3 汤匙, 老抽 1 汤匙, 生抽 2 汤匙, 糖 1 茶匙, 鸡粉  $\frac{1}{2}$  汤匙, 粟粉 1 茶匙

### 做法:

- (1) 洗净鸡, 抹干水分, 用五加皮酒涂匀, 腌约 20 分钟。
- (2) 水滚后将鸡蒸熟, 约需 25 分钟, 熟后斩件排放碟上。
- (3) 调味料与水混合后, 煮至微滚, 淋上鸡面。
- (4) 红椒及葱切丝, 芫荽切段, 同放在鸡身面上, 再淋上热油即可供食。

**Ingredients:** 1 chicken about 1kg (2  $\frac{1}{2}$  lb); 6 stalks spring onion; 1 red chilli; 2 stalks parsley; 4 tbsp Wujiapi herbs liquor;  $\frac{1}{2}$  cup water

**Sauce:** 3 tbsp oyster sauce; 1 tbsp dark soy; 2 tbsp light soy; 1 tsp sugar;  $\frac{1}{2}$  tbsp chicken powder; 1 tsp cornflour

### Method:

1. Wash the whole chicken thoroughly and wipe dry. Brush Wujiapi herbs liquor over chicken and marinate for 20 minutes.
2. Boil water and then steam chicken for about 25 minutes until cooked. Chop up and arrange on plate.
3. Mix sauce and water, bring to the boil and pour over chicken.
4. Shred red chilli and spring onion. Section parsley. Then put on chicken and pour over hot oil. Serve.



鸡胸骨软者为上选

Breastbone giving tender touch is of choice





# 宗棠鸡

## BRAISED CHICKEN IN WINE SAUCE IN POT

**材料:** 鸡 1 只, 约重 1500 克, 冬菇 30 克, 老姜 50 克, 葱 4 条

**调味料:** 油 4 汤匙, 生抽 7 汤匙, 糖  $2\frac{1}{2}$  汤匙, 竹叶青酒 4 汤匙, 盐  $\frac{1}{4}$  茶匙

### 做法:

- (1) 洗净鸡, 抹干, 斩成块; 冬菇浸软去蒂; 刮净姜, 切成片; 葱切段。
- (2) 将鸡、姜片、冬菇同时放入沙锅。
- (3) 将调味料放进沙锅, 拌匀; 葱放面上, 加盖, 以湿布密封锅边, 用猛火煮约 15 分钟, 即可连沙锅端上台, 趁热供食。

**Ingredients:** 1 chicken about 1  $\frac{1}{2}$  kg (3  $\frac{1}{2}$  lb); 30g (1 oz) black mushrooms; 50g (2 oz) ginger; 4 stalks spring onion

**Sauce:** 4 tbsp oil; 7 tbsp light soy;  $2\frac{1}{2}$  tbsp sugar; 4 tbsp Zhuyeqing herbs liquor;  $\frac{1}{4}$  tsp salt

### Method:

1. Wash chicken and wipe dry, cut into large chunks. Soak and trim black mushrooms. Grate ginger and slice. Cut spring onion into sections.
2. Put chicken chunks, ginger slices and black mushrooms in pot.
3. Add in sauce and mix well with ingredients. Put spring onion sections on top. Cover the pot and seal the rim with wet cloth. Cook over high heat for about 15 minutes. Serve hot in pot.

**注:** 此食谱传说是清朝名将左宗棠所创, 至今已演变出不同烹调法。推敲左将军行军时创此食谱, 当以简单炊具及烹调法为准。

**Note:** It is said the recipe was first made by a famous general of the Qing Dynasty.



老姜  
Ginger





# 沙茶滑鸡煲

## CHICKEN IN SATAY SAUCE IN POT

**材料:** 鸡 $\frac{1}{2}$ 只, 茄子 1 个, 蒜肉 2 粒, 沙茶酱约 2 汤匙, 葱段、姜丝各少许, 红椒丝少许

**腌料:** 生抽 1 汤匙, 生粉 $\frac{1}{2}$ 汤匙, 酒少许

**调味料:** 生抽 $\frac{1}{2}$ 汤匙, 糖 1 茶匙, 水约 $\frac{3}{4}$ 杯, 麻油少许

### 做法:

- (1) 将鸡斩件, 放入腌料拌匀; 茄子切成粗条, 与鸡块同泡油, 捞起, 沥干油分, 茄子放煲底。
- (2) 用少许油爆香葱段、姜丝及蒜肉, 加入沙茶酱及鸡块炒透。
- (3) 加入调味料煮匀, 转放煲中, 与茄子同煮。
- (4) 将葱段及红椒丝放面上, 待滚后, 即可趁热供食。

**Ingredients:**  $\frac{1}{2}$  chicken; 1 eggplant; 2 braids garlic; 2 tbsp satay paste; some sectioned spring onion and shredded ginger; a pick of shredded red chilli

**Seasonings:** 1 tbsp light soy;  $\frac{1}{2}$  tbsp cornflour; dash of wine

**Sauce:**  $\frac{1}{2}$  tbsp light soy; 1 tsp sugar;  $\frac{3}{4}$  cup water; pinch of sesame oil

### Method:

1. Cut chicken into chunks and marinate with seasonings. Thickly shred eggplant and put in hot oil with chicken chunks for a short while. Dish up and drain. Put eggplant in pot.
2. Saute spring onion, ginger and garlic with some oil. Then put in satay paste and chicken chunks, stir well.
3. Add in sauce and stir well with chicken. Transfer to pot and cook with eggplant at bottom for a short while.
4. Put sectioned spring onion and shredded red chilli on top. Bring to the boil and serve hot in pot.



茄子要身软者方为上品

Eggplant that is tender is of choice





# 香炸腐乳鸡

## FRIED CHICKEN WITH YELLOWISH BEAN CHEESE

**材料:** 鸡 $\frac{1}{2}$ 只, 腐乳3块, 红椒 $\frac{1}{2}$ 个切丝, 葱段少许

**调味料:** 酒2茶匙, 糖 $\frac{1}{3}$ 茶匙, 胡椒粉少许

### 做法:

- (1) 洗净鸡斩成块, 沥干水分。
- (2) 将腐乳搓烂混合鸡块, 放入调味料同拌匀, 略腌片刻。
- (3) 将少许干粉放入鸡块中, 用手轻轻拌匀。
- (4) 烧热半锅油, 将鸡块放入, 炸至呈金黄色, 捞起, 沥干油分。
- (5) 将葱段、红椒丝及鸡块回锅, 洒些酒, 拌匀即可上碟供食。

**Ingredients:**  $\frac{1}{2}$  chicken; 3 cubes yellowish bean cheese;  $\frac{1}{2}$  red chilli (shredded); pinch of sectioned spring onion

**Seasonings:** 2 tsp wine;  $\frac{1}{3}$  tsp sugar; dash of pepper

### Method:

1. Wash chicken thoroughly and cut into chunks. Drain.
2. Mash yellowish bean cheese and mix well with chicken chunks, then put in seasonings and marinate for a while.
3. Add dash of flour in chicken chunks and mix.
4. Heat half wok oil and fry chicken chunks until they turn golden brown. Dish up and drain.
5. Saute sectioned spring onion, shredded red chilli and fried chicken chunks, sprinkle with wine, and stir well. Dish up and serve.



腐乳

Yellowish bean cheese





# 辣子鸡块

## FRIED CHICKEN WITH RED AND GREEN CHILLI

**材料:** 鸡 $\frac{1}{2}$ 只约 450 克, 青椒 $\frac{1}{2}$ 个, 红椒 1 个, 蒜肉 6 粒, 豆豉 1 汤匙, 葱 1 条切段, 芫荽 1 棵切段

**调味料:** 生抽 2 汤匙, 盐 $\frac{1}{4}$ 茶匙, 糖 1 茶匙, 水 $\frac{1}{4}$ 杯

### 做法:

- (1) 洗净鸡, 切成小块, 沥干水分; 青椒、红椒切块; 蒜肉拍烂。
- (2) 用 2 茶匙生抽、1 汤匙蛋汁、少许胡椒粉略腌鸡块, 再用 $1\frac{1}{2}$ 汤匙生粉拌匀待用。
- (3) 烧热半锅油, 将鸡块炸至金黄色, 捞起。
- (4) 用 2 汤匙油爆香蒜肉、青椒、红椒及豆豉, 将鸡块放入, 洒些酒, 加入调味料炒匀, 最后放芫荽及葱段即可上碟供食。

**Ingredients:**  $\frac{1}{2}$  chicken about 450g (1 lb);  $\frac{1}{2}$  green chilli; 1 red chilli; 6 braids garlic; 1 tbsp blackbean; 1 stalk spring onion (sectioned); 1 stalk parsley (sectioned)

**Seasonings:** 2 tbsp light soy;  $\frac{1}{4}$  tsp salt; 1 tsp sugar;  $\frac{1}{4}$  cup water

### Method:

1. Wash chicken and cut into small chunks, then drain. Cut red and green chilli into chunks. Press garlic.
2. Marinate chicken chunks with 2 tsp light soy, 1 tbsp whisked egg and some pepper. Then add in  $1\frac{1}{2}$  tbsp cornflour, mix well, leave for further use.
3. Heat half wok oil and fry chicken chunks until they turn golden brown. Dish up.
4. Saute garlic, red and green chilli and blackbean with 2 tbsp oil, then put in chicken chunks, sprinkle with wine and stir in seasonings. Put parsley and spring onion on top. Dish up and serve.



红椒  
Red chilli



